



Spicy teaser Geri is basque-ing in it

GORGEOUS Geri Halliwell proves she's Top Of The Bots with this sensational telly performance.

The 32-year-old bent over backwards to wow the crowd as she belted out her latest hit, Ride It.

Fans can see her sizzling routine on Top Of The Pops tonight, at 7.30pm on BBC1. Geri's single

■ by TOM SAVAGE

went straight in at No4 on Sunday – and the sight of her gyrating in her basque should see it rise even higher.

A show insider said: "She's been a favourite on TOTP since her days with the Spice Girls and she's lost none of her magic."



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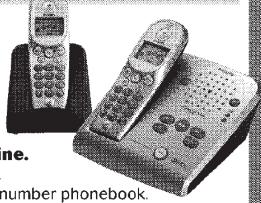
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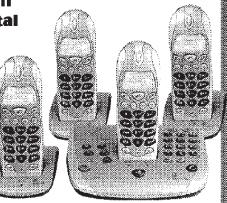
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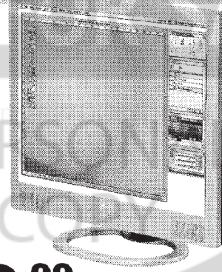
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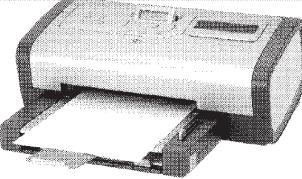
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FIT FOR NOTHING

Gym can't always fix it say top docs

KEEPING fit is a waste of time for some of us - because we've got the wrong genes.

Workouts have been sold as a sure-fire way to avoid an early grave.

But the message could be too simplistic, say scientists.

Even strenuous efforts may have no effect on your fitness or the risk of developing diseases like diabetes for some.

Dr Claude Bouchard, of Louisiana State University, said: "The vast majority will

■ by OLIVIA MATTHEWS

benefit in some way - but there will be a minority who will not benefit at all."

In an Australian study, 742 people from 213 families of couch potatoes were put through a strict 20-week training programme.

Their exercise was gradually increased so that by the end the volunteers were training for 50 minutes three times a week.

They were performing at 75% of the maximum output they were capable of before

the study began. The most "trainable" volunteers gained more than 40%, but some showed no improvement at all.

Risk

Similar patterns were seen with their cardiac output, blood pressure, heart rate and other markers of fitness.

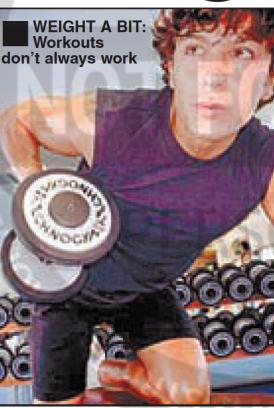
Dr Bouchard said the impact of training on their risk for diabetes and heart disease also varied.

It improved in 58% of volunteers following exercise

but in 42% it showed no improvement or, in a few cases, may have got worse. "It's negative, but it's true. Some people slog away and don't get any improvement," said Dr Kathryn North, of Sydney's Children's Hospital.

And Dr Mark Hargreaves of Melbourne's Deakin University, added: "We need to recognise that although on average exercise may have clear benefits, it may not work for everyone.

"Some people may do better to change their diet."



WEIGHT A BIT:
Workouts
don't always work



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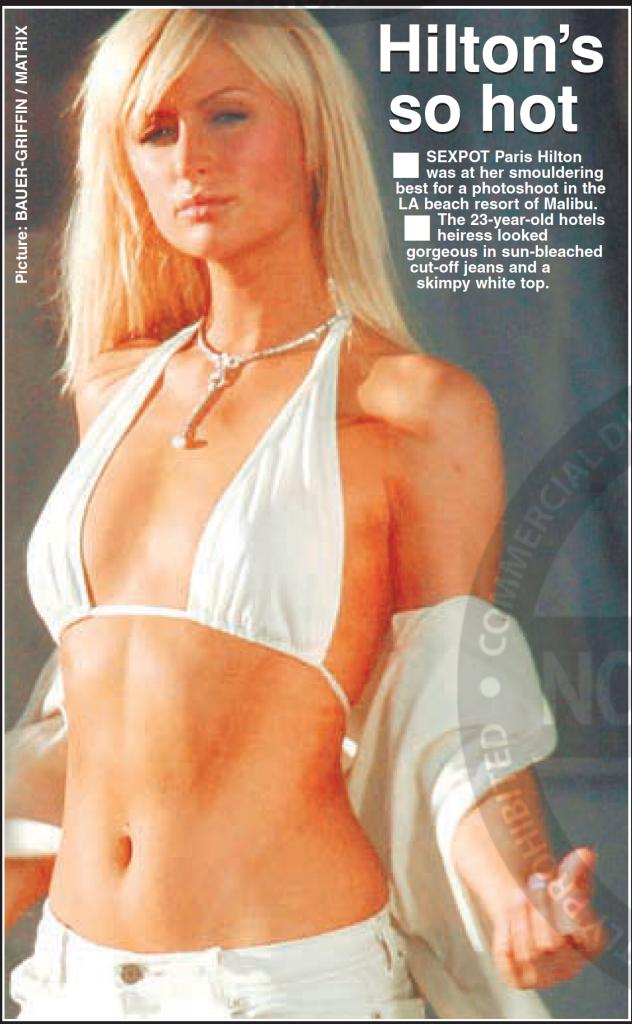
MOTOR MOUTH

With George Fowler
PAGES 60-62

Picture: BAUER-GRIFFIN / MATRIX

Hilton's so hot

■ SEXPOT Paris Hilton was at her smouldering best for a photoshoot at the LA beach resort of Malibu. ■ The 23-year-old hotel heiress looked gorgeous in sun-bleached cut-off jeans and a skimpy white top.



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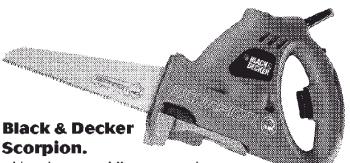
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Cheeky flockers

STORE bosses have been offered £5,000 bonuses if they can force rivals to shut.

But Somerfield's campaign – dubbed "Flock Off" after the Co-op's Colin the Sheep ad – has been blasted by competitors.

Come 'n get Lotts

THREE ticket holders still haven't claimed their £1.6million prizes in last month's Lotto birthday draw.

The winners are being hunted in West Midlands, Cheshire and Gloucestershire.

JEN: I WANT FIVE BABIES

SEXBOMB Jennifer Ellison will put her Hollywood dreams on ice – because she wants **FIVE babies**.

The singer-actress does plan to move to Los Angeles to become a movie star and has already filmed a role in Phantom of the Opera.

She is also in talks for more top roles.

First

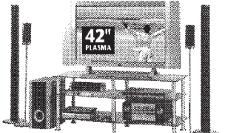
But Jen says she can't wait to start a family with fiancé Tony Richardson, 26. The former Brookside babe is 21 – and insists she

wants to have her first baby by the time she's 25.

She said: "My mum was only 17 when she had me, so I've always wanted to be a young mum, and Tony will be 30 then. And I want a big family – I want five."

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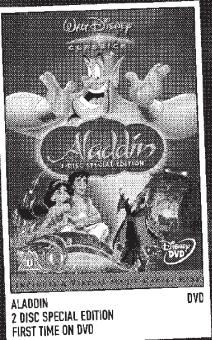
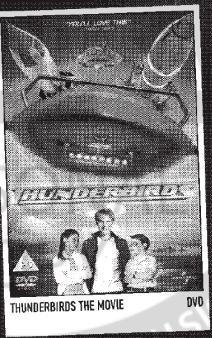
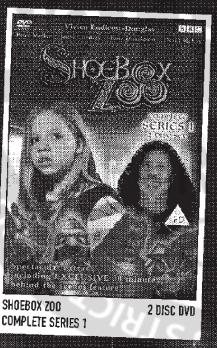
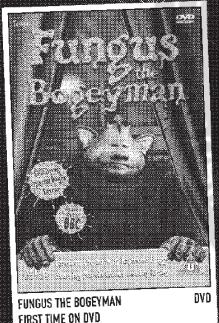
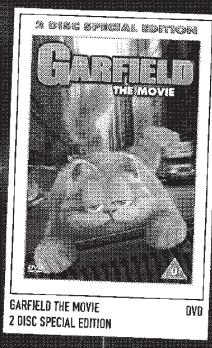


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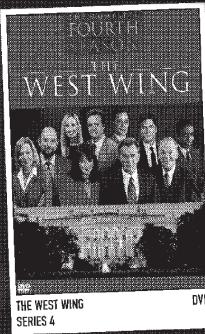
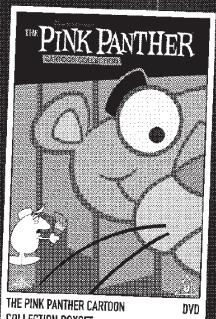
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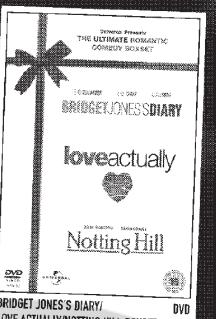
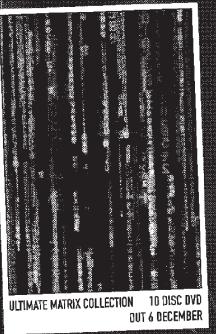
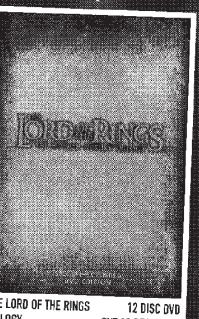
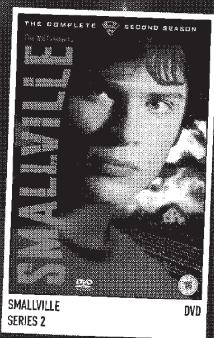
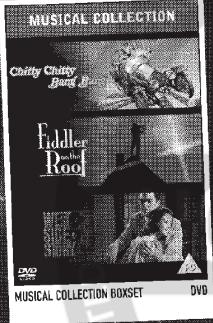
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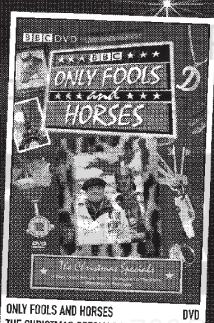
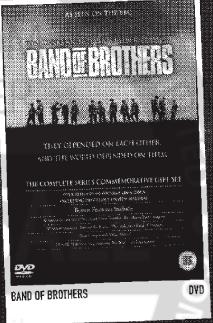
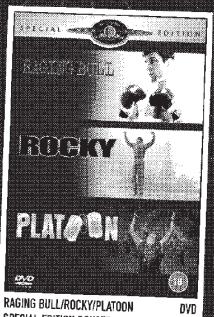
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by CLARE TAYLOR

party frocks – perfect for the Christmas festive frolics. Plus, there are strapless bustiers and bras that leave little to the imagination while still looking classy.

With names like Decadence, Flirt and Casino, these saucy undies are sure to put a festive twinkle in any man's eye. Available

in claret, ivory and black, these saucy offerings are the ultimate Christmas stocking filler, and the good news is they suit everyone from 32A to 38DD and 8-18.

And, because there's plenty of styles – from camisoles and balconette bras, to French knickers and suspenders – there's guaranteed to be something to flatter every shape and size.

Take a tip from us, any guys hoping to

wake up to a real Christmas cracker should have the Temptress gift set under their tree.

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Just Jane



JANE O'GORMAN SOLVES YOUR PROBLEMS TODAY AND EVERY DAY

Betting habit's ruining my life

I'm a single mum and I'm addicted to online gambling.

The minute I get back home from taking the children to school, I switch on my computer and start betting.

I hate myself for being so weak, but I just can't seem to break the habit. It's like a drug.

Some days I'm losing more than £200. The house is a total mess, I look dreadful and I'm massively in debt.

Every night I go to bed vowing that tomorrow will be different, that I'll take back control and sort myself out, but I can't.

I'm weak and pathetic, and I feel so bitterly ashamed of myself.

No one knows my secret. There's no way I can confide in my parents or sisters, because they've all had such hard lives and would call me selfish and stupid – which I am.

JANE SAYS: You are absolutely right – compulsive gambling is an addiction.

Just like drinking alcohol or taking drugs to extreme, once hooked the gambler experiences the highs and lows of any addict.

The good news is that there are people who can help you. There are two organisations aimed at people like you.

One is Gamblers Anonymous (087000 508888, www.gamblers-anonymous.org.uk). This is a fellowship of people who have joined together in an effort to conquer their own gambling problems and help others.

The other organisation is Gamcare (0845 600 0133, www.gamcare.org.uk), which is a registered charity for gamblers and those around them.

You can also buy a software package called a Gamblock. Once it is installed in your computer, it prevents access to gambling sites.

It costs £16.99 and can be purchased from www.gamblock.com.

As for your debts, contact the National Debtline (0808 808 4000) for advice.

And do try to speak to your GP and a close friend about the trouble you're in.

Ask your friend to help you to sort your house out and bring some order back into your children's lives.

TWO weeks ago, I received this letter from a reader asking what you thought she should do...

A FEMALE friend constantly goes on about how much she fancies my husband. Not only does she speculate about the size of his willy and performance in bed behind my back, but she also makes suggestive remarks to my face.

The other day she insisted on knowing how often we make love – and for how long. Friends say she openly fantasises about him.

It was all a bit of a laugh at the start, but now I'm beginning to feel jealous and threatened.

Here's some of your replies...

I WOULD invite this woman to my home for a coffee. There's nothing like home turf for giving you the upper hand. Once she was relaxed, I'd ask her not to keep saying

RIGHT TO REPLY



ing stupid things about my man. I'd emphasise that her comments were hurtful. Then I'd sit back and watch her squirm. I did something similar once and it worked a treat.

DEBBIE COPELAND, Kent.

CAN'T your reader get one of her friends to have a quiet word with this pest? It might do the trick.

Mrs ANGELA EDMONDS, Birmingham.

I COULDN'T stand another woman making comments about my man. I'd have to confront

her, have a row and make her look stupid. You may consider this an aggressive approach, but no one has ever messed with me.

NOME WITHHELD.

NOW for this week's problem. Send your advice to the address at the bottom of the page. A selection will be printed in two weeks...

I CAN never say no to anyone. At work, my boss gets me doing all the horrible jobs because he knows I won't object.

At home, my elderly parents have me running around all over the place for them. Even my ex-husband makes demands on my time and borrows money from me.

When I go out with my girlfriends, I often end up having one-night stands with strange blokes, simply because I don't know how to turn them down when they ask for sex.

I'm too tiny to satisfy my girl

I'M desperate to watch my girlfriend having sex with a well-hung man.

She's not sure about this. She reckons it will kill me to see her with someone else.

But the whole idea turns me on so much. I think about it all the time and long for the day when she agrees to it. The thing is, this is the only

way I think we can save our relationship.

I'm 21 and my penis is very small – so small, in fact, that she has never had an orgasm during sex. It is only four inches when erect and not very thick.

My girlfriend has never known what it's like to have a massive man make her orgasm and I'm worried that she feels deprived and frustrated.

I hear of other women who orgasm five times a night, but it's not like that with us.

She's 16 and we've been together for eight months. At the start we were both virgins, but had sex in the first week of meeting.

I love her so very much and dread losing her. Obviously I don't want to force her to do something she's not comfortable with, but I think that my "other guy" idea would benefit us both.

Do you think it's worth a try, or is there a danger that she'll prefer a bigger guy and leave me?

JANE SAYS: How can you possibly want a 16-year-old CHILD to have sex with another man in front of you? That's horrible.

No wonder she's reluctant – she must be scared out of her wits.

I strongly urge you to get a grip. It would be very wrong of you to put any kind of pressure on your girl to perform for you. She needs to be shown love, courtesy and respect.

If you have a problem with the size of your penis, speak to your GP about it.

My feeling is that you'd be better off with a woman closer to your own age.

HIS UNDIES FETISH

I RECENTLY discovered my boyfriend asleep on the bed wearing only a frilly black and pink thong.

The thong had been pulled to one side, so all of his bits were hanging out. Next to him was an open lingerie catalogue. It was instantly obvious to me that he'd been masturbating and had fallen asleep.

I crept out of the room and deliberately slammed the front door to let him know that I was home.

I haven't said anything to him about what I saw, but during a search of his wardrobe I did find a dozen pairs of sexy knickers and thongs.

The only person I've confided in is my best friend and she reckons that he must be gay. But I've never seen anything to suggest that he is. I'm

so embarrassed that I can't bring myself to talk to him about it.

JANE SAYS: Why would a gay man be masturbating over a lingerie catalogue? It doesn't make much sense.

It sounds to me as if your boyfriend is completely heterosexual – he just loves the feel of tight satin and lace next to his skin.

I understand that you may have had something of a shock when you discovered his saucy secret, but I really don't think it's anything to be wary of.

Seeing a man dressed in female undies is a popular fantasy among women. Why don't you pluck up your courage, tell him you know and ask him to introduce his special gear into your regular lovemaking? I guarantee that it'll be sexy and fun.

Right, I've had some sleep and I feel randy so I'm gonna sneak in with Abbie

Right, I've had some sleep and I feel randy so I'm gonna sneak in with Abbie

YES... result!

JANE'S ADVICE LINES

0905 062 2180: Coping With A Break-up

0905 062 2181: Finding The Perfect Partner

0905 062 2182: My Sex Life Is Boring

0905 062 2183: Boost Your Confidence

0905 062 2184: The Female Orgasm

0905 062 2185: My Partner Is Having An Affair

0905 062 2186: I'm So Lonely

0905 062 2187: Coping With Jealousy

0905 062 2188: Having Sex After A Baby

0905 062 2189: We Argue All The Time

0905 062 2190: Loving For The First Time

0905 062 2191: Fantastic Sex

To have a problem answered on this page, write to JUST JANE, Daily Star, 10 Lower Thames Street, London EC3R 6EN

IS IT TIME TO CHANGE?

Day Five

UPSTAIRS...



Get lost, you're pissed and you stink

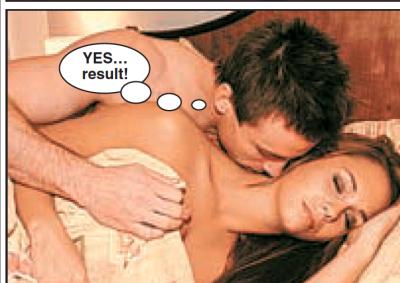
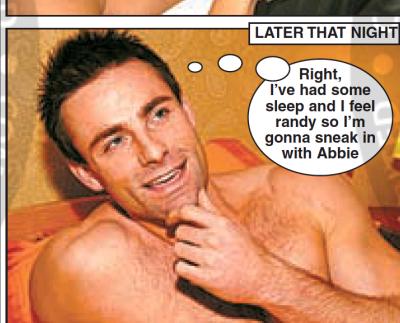
Oh come on my lovely little snugglykins
OUT!



THE NEXT EVENING AND PHIL HAS BEEN TO FOOTBALL



Since when did football go on until 11 at night?
Hic...



Sorry, the wrong strip appeared in yesterday's edition. Today's story keeps you updated and the action going...

CONTINUES TOMORROW



PICK OF THE CROP: The legendary Lennon is at No1

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FOCUSING ON THE HEROES WHO At the head

■ by SAM PARKER

SO THE 100 ultimate rock 'n' roll heroes have been chosen – and now it's time to honour them with an eyecatching new exhibition.

The music gods and goddesses who make up the O2 Q Icons is a starry list, meaning this revealing selection of photographs – some never seen before – provides an intriguing Who's Who of music.

Legendary Beatle John Lennon tops the prestigious poll, as voted for by readers of Q Magazine and O2 customers, and he's in good company.

A startling array of the great, the good and the quirky from both past and present have been given the fans' approval – and many of the pictures chosen to honour their success are equally amazing.

A-list

The star-studded collection, which opens today at the Proud Camden Gallery in London, profiles this musical top 100 in a series of images by some of the world's leading rock photographers.

Famed snappers in their own right, these guys and gals won't waste their talents on just anyone, ensuring the exhibition is just as A-list as its subjects. Many of these images offer up these heroes and heroines of our time in a whole new light.

And younger fans will be pleased to know that many a mover and shaker from the current generation are in the mix. Justin Timberlake's smooth moves have seen him shimmy into the list, and he is joined by the likes of Marilyn Manson, Snoop Dogg, the White Stripe's Jack White, Eminem and Thom Yorke.

Talented babes, including Kylie, Missy Elliot, Madonna and Christina Aguilera, prove women are up with the best.

Shiver

But of course, this would not be a true all-time greats chart without the presence of the gone, but never-to-be-forgotten Elvis, Jimi Hendrix and Kurt Cobain, as well as golden oldie rockers including Mick Jagger, Bob Dylan and Sir Paul McCartney.

"Everyone has an icon, a hero – someone who essentially changes their life," says Dave Henderson, the Q creative director.

"There's always one song – even one line – that brings back a memorable moment in your life.

"These stars are woven into our lives and stay with us forever – it is their songs that define who we become. Whether it's Jimi Hendrix annoying your parents, the first time you saw U2 or the shiver up your spine when Aretha sings, this is what makes us tick and makes those icons so important."

● **O2 Q Icons** runs from today to January 26 at the Proud Camden Gallery, Greenland Street, London NW1 0ND.

Opening times: 10am-7pm Monday to Thursday, 11am-6pm Friday to Sunday. Admission: £3, concessions £2.

Images from the exhibition can be viewed online at www.proud.co.uk

Picture: VINCENT PETERS



Picture: MAX VADUKUL

Picture: DANNY CLINCH

Picture: STEVE DOUBLE

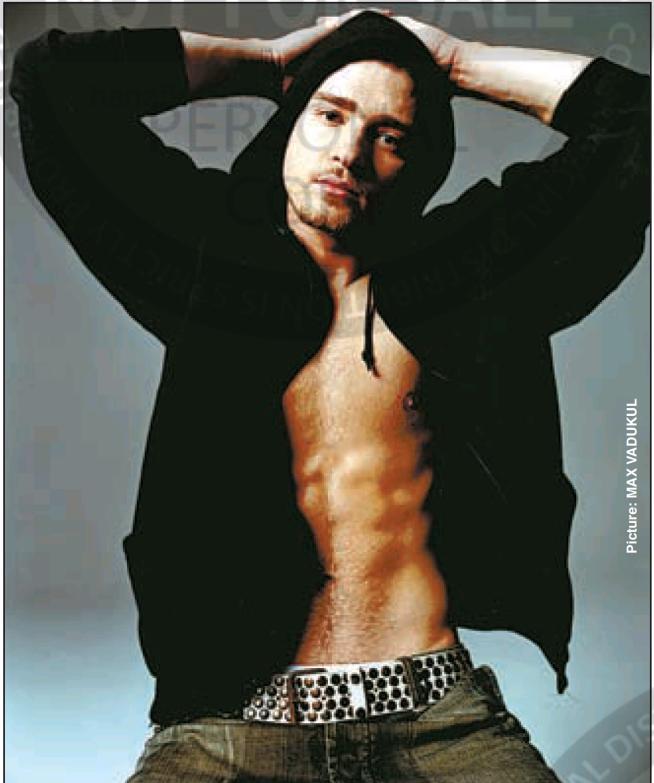


Picture: JEANETTE BECKMAN

FLAMIN' WONDERFUL: The Pogues' frontman Shane MacGowan

MADE A DIFFERENCE

of the Q

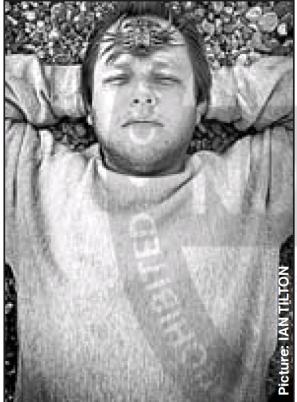


TWENTY-FIRST CENTURY MAN: Justin Timberlake is a hero of today

Picture: MAX VADUKUL



ON AIR: Radiohead's Thom Yorke



ON AIR: Radiohead's Thom Yorke **PIXIE:** Frank Black and friend

BAD RAP: Snoop Dogg has a smoke



Picture: MATTHEW DEAN



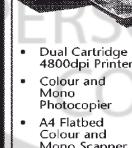
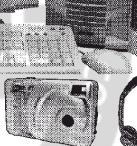
EVEN ICONS NEED A REST: Jack White of the White Stripes takes forty winks on the sofa

Picture: CHRIS FLOYD

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ALAN FRANK'S**back
ROW****Here we go again...the Yanks****UK TOP 10**

- (-) THE INCREDIBLES £9,753,035
- (1) BRIDGET JONES: THE EDGE OF REASON £3,009,954
- (-) THE FORGOTTEN £653,945
- (2) THE GRUDGE £439,726
- (3) AFTER THE SUNSET £364,236
- (4) THE MANCHURIAN CANDIDATE £360,362
- (5) TAXI £277,961
- (6) VEER ZAARA £199,848
- (-) BEYOND THE SEA £179,558
- (7) LADIES IN LAVENDER £167,886

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COMING SOON

NEXT WEEK: Andrew Lloyd Webber's celebrated musical The Phantom of the Opera hits the big screen in spectacular style, starring Gerard Butler as The Phantom, alongside Emmy Rossum and Minnie Driver.

THE WEEK AFTER: Harry Potter has a rival in Lemony Snicket's A Series of Unfortunate Events, based on the best-selling fantasy about three orphans facing dastardly deeds, starring comic superstar Jim Carrey.

US TOP 10

- (1) NATIONAL TREASURE \$32,156,917
- (2) THE INCREDIBLES \$23,580,279
- (-) CHRISTMAS WITH THE KRANKS \$21,570,867
- (4) THE POLAR EXPRESS \$19,389,297
- (5) (-) SPONGEBOB SQUAREPANTS \$17,844,331
- (6) (-) ALEXANDER \$13,687,087
- (7) (-) BRIDGET JONES: THE EDGE OF REASON \$6,231,960
- (8) (-) FINDING NEVERLAND \$4,670,177
- (9) (-) RAY \$3,976,685
- (10) (-) AFTER THE SUNSET \$3,101,979

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TOP 10

- (1) HARRY POTTER AND THE PRISONER OF AZKABAN
- (2) ELF
- (3) TROY
- (4) (7) FAHRENHEIT 9/11
- (5) (8) THE DAY AFTER TOMORROW
- (6) (10) SPIDER-MAN 2
- (7) (-) KING ARTHUR
- (8) (-) THE STEPFORD WIVES
- (9) SHREK 2
- (10) (6) AROUND THE WORLD IN 80 DAYS

"A SUPERB CRIME CAPER"
SUN
"HIGHLY ENTERTAINING"
JONATHAN ROSS, FILM 2004
"Gripping...sheer sun-soaked fun ★★★★"
DAVID EDWARDS, DAILY MIRROR
"HUGELY ENTERTAINING..." "★★★★"
THE TIMES



AFTER THE SUNSET
WHO WILL WALK AWAY?

THE POLAR EXPRESS (PG)
 MOVIE magic lets Tom Hanks co-star with his favorite actor - Tom Hanks - in one of the most astonishing animated films ever.
 Hanks modelled for almost everyone from the conductor and a mysterious hobo to Santa himself.
 A young lad meets Saint Nick on the enchanted train taking him and a bunch of other boys to his workshops at the North Pole.

NOW SHOWING AT CINEMAS EVERYWHERE

Slater's a

**IT'S WAR,
 BUT NOT
 AS WE
 KNOW IT**

CHURCHILL: THE HOLLYWOOD YEARS (15)

IT'S WW2, Hitler is hidden in Buckingham Palace preparing to wed Princess Elizabeth and Winston Churchill is not PM.

Instead he's a gung-ho American GI out to "kick Nazi butt" and save Britain, the Empire and the world.

As if! Hollywood's habit of regularly rewriting history to show the Yanks achieved everything worthwhile is hilariously sent up in a disgracefully funny spoof that avoids even the slightest trace of good taste.

Here King George VI is a miserable miser ("I told them two glasses each and then it's pay bar" he moans at a lavish party), Princess Margaret is a man-chasing boozer and the top brass calls Princess Elizabeth "strange girl"!

Lewd

So no Royal Premiere for co-writer and director Peter Richardson's riot of rude, crude, lewd no-holds-barred humour, then, that finds Hitler's miffed mistress Eva Braun carping: "Mussolini shows his girlfriend a good time - why not you?"

Christian Slater is a complete hoot as all-American hero Winston, rapping at the Palace, shooting traitors and Germans alike and still finding time to romance Neve Campbell's sweet Princess Elizabeth.

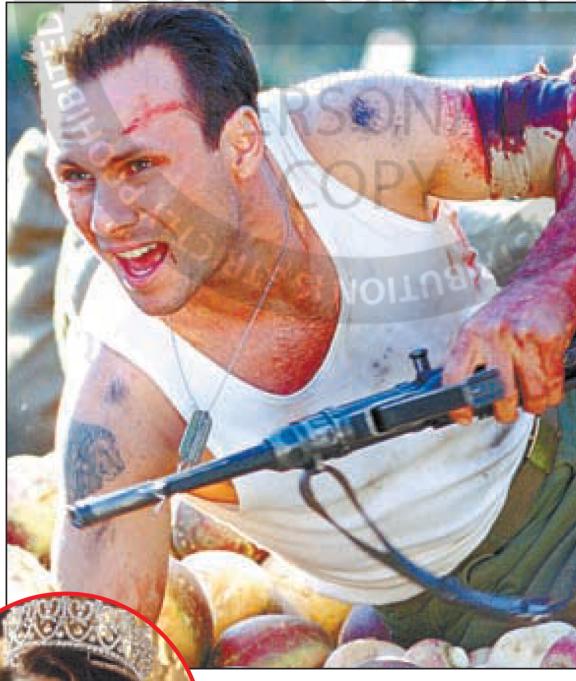
Anthony Sher is sidesplittingly silly as the Führer, while Vic Reeves and Bob Mortimer mince to the manner born as gay

royal footmen (so no change there).

Forget subtlety. Just savour seeing Hitler mistaken for Charlie Chaplin and Princess Elizabeth river dancing in a pub on Ye Olde Dick Van Dyke Street.

With any luck you'll find yourself helplessly racked by laughter. I was.

VERDICT: 8/10 (and I should be ashamed!)



GUN HO: Slater is fired up as Churchill



PRIME MINCE: Bob and Vic with, inset, Neve

YULE ENJOY**THE POLAR EXPRESS (U)**

MOVIE magic lets Tom Hanks co-star with his favorite actor - Tom Hanks - in one of the most astonishing animated films ever.

Hanks modelled for almost everyone from the conductor and a mysterious hobo to Santa himself.

A young lad meets Saint Nick on the enchanted train taking him and a bunch of other boys to his workshops at the North Pole.

While the kids - with their oddly blank faces and even blander eyes - sometimes look creepy it doesn't really matter. This film delivers the goods for younger children and if you see it 3-D on IMAX you'll be utterly knocked out.

VERDICT: 6/10

CHRISTMAS WITH THE KRANKS (PG)

I SHOT up in my seat when Jamie Lee Curtis said it was the "first time in 23 years Blair won't be here".

It turned out not to be Tony B's Christmas photo opportunity - Blair's simply the name of Jamie's screen daughter.

That's a pity since this sentiment-sodden Christmas song-infested comedy could have used some satire (I particularly liked "Blair has joined the Peace Corps") instead of the relentless Xmas corn on offer.

Amazingly it's based on John Grisham's bestseller and while Jamie and Tim Allen work like crazy to make the treacle go down without giving you dia-



XMAS BASH: Gandolfini and Affleck, top, with the animated Hanks in Polar Express

are re-writing history GI joker

**Kelly's a Brit
of all right**



SCHOOL FOR SEDUCTION (15)
SEXY Kelly Brook, left, stars as a hot-blooded Italian teaching a bunch of women (and a man in drag!) the art of seduction in this old-fashioned British comedy.

In keeping with our great comic tradition the men, including sad Neil Stuke (who'd rather stroke his car than caress his missus) and Daymon Brittan (who ends up locked out of his house starkers) are depicted as chauvinist pigs.

Equally the women, among them loudmouth Margi Clarke, Dervla Kirwin and Emily Woof, win through and finally prove that Kelly's motto - "Seduction is not about pleasing me it is about pleasing yourself" - really works.

VERDICT: 6/10

TOM'S XMAS TREAT



STEER CLEAR:
Jamie Lee Curtis

betes it's a losing battle unless you're topped up with three-star Christmas spirit.

VERDICT: 4/10

SURVIVING CHRISTMAS (12A)

IN Christmas With The Kranks, Jamie yells "I'm looking for a ham!"

VERDICT: 1/10

VIDEO EXTRA PAGE 51



IN THE MONEY: Pacino as Shylock

AL'S JUST SO WILL VERSED

THE MERCHANT OF VENICE (PG)

AL Pacino is magnificent as Shakespeare's 16th Century Jewish moneylender Shylock in a classic with a courtroom twist that would gobsmack Perry Mason.

VERDICT: 8/10

MILWAUKEE, MINNESOTA (15)

GOOD acting can run in the blood and Jane Fonda's son Troy Garity proves that's the case with his compelling portrait of a mentally challenged young man.

Garity fends off the attentions of women in this

off-the-wall, but consistently enjoyable low budget thriller.

VERDICT: 6/10

RIDING GIANTS (12A)

THE stunning surfing sequences make this documentary about some of the world's most remarkable and daring wave riders a must for all surfing fans.

VERDICT: 7/10

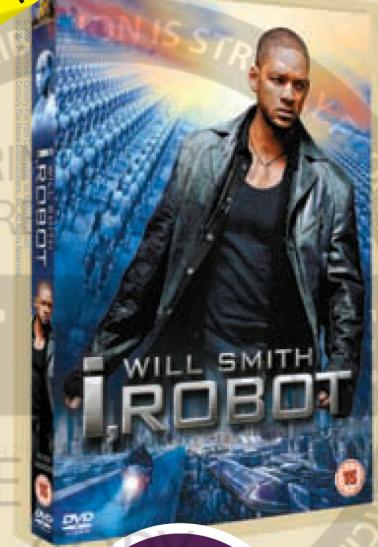
NAPOLEON DYNAMITE (PG)

I ASSUME legions of insomniacs who were cured by seeing this saga of a teenage Idaho nerd's progress made this claptrap a cult hit.

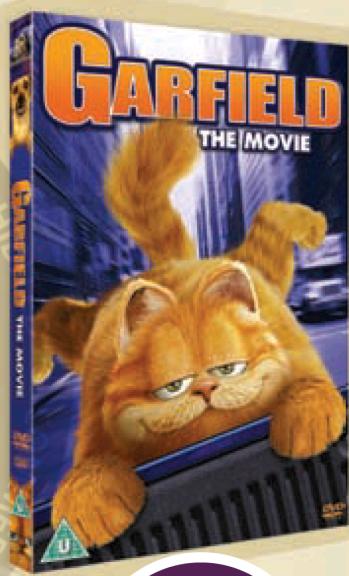
VERDICT: 3/10

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